

ADS

1992

Successful Meetings

Snooze Helpers

► Once a meeting ends, an effective way to regain mental energy quickly is through relaxation tapes developed by The Monroe Institute. The tapes use a patented audio technology known as Hemi-Sync to create sounds that evoke the brainwave patterns normally associated with sleep. Dozens of tapes in different categories, each running approximately 30 minutes, can help combat daytime mental fatigue, insomnia, and jetlag by easing you into a nap or deeper sleep. "Catnapper" awakens the listener after 30 minutes. Thus, it can help to postpone sleep until the proper time so jetlag effects are minimized. The tapes are available for \$14.95 each by calling (800) 541-2488.

A black and white line drawing of a person with curly hair sleeping on a plush sofa. A cat is curled up next to them. Above the person's head are several 'Z' characters, indicating sleep. A small rectangular object, likely a tape, is on the floor next to the sofa.

1992-01/02
Psychology Today

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at last!
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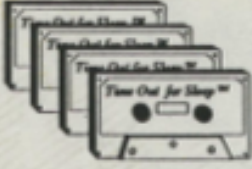
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1992-02/03
New Age Journal

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114